

Gatherers' Vegetarian Chilli as made on MM3

2 T. canola oil for frying
2 T. butter (use margarine for vegan chilli)
1 large onion chopped
4 banger style vegan or vegetarian sausages cut into 1 inch pieces
3 stalks celery cut into bite sized chunks
1 med. Red or yellow pepper cut into bite sized chunks (optional)
1 can stewed tomatoes
1 can kidney beans
1 can black beans
1 T. chilli powder
2 tsp. cumin
1 tsp. cinnamon
2 tsp. pure maple syrup
¼ cup grated white cheddar or parmesan cheese for topping
½ cup fresh cilantro leaves chopped roughly
1 tsp. smoked paprika
1 cup veggie stock
1 organic veggie bouillon cube
salt & cayenne pepper to taste

In this easy recipe we are using some canned ingredients, otherwise it would not be an easy recipe.

1. Fry up the onions, peppers & celery in the oil in a pot over medium heat.
2. Once onions begin to caramelize, add the stock and sausages, stirring to ensure the sausages don't stick. Add butter or margarine if more oil is needed.
3. When mixture has been brought to a gentle boil, add the canned beans & tomatoes (you can drain the beans fully or partially).
4. Stir the chilli well then add bouillon, spices and maple syrup. Stir to blend flavours then reduce heat and allow to simmer.
5. Cook stirring occasionally to prevent sticking to bottom of pot until liquid has been reduced. Taste and adjust flavourings accordingly.
6. Serve hot chilli with grated cheese or chopped cilantro

Note: grated carrots & corn niblets are also nice additions to this chilli but try to avoid Monsanto beans.

Side dish featured with chilli:

Crab-apple Glazed Veggie Kebabs

Vegetables in season such as squash, cherry tomatoes & peppers, cut into large kebab size cubes, and placed alternating onto wooden skewers.

Glaze:

1 cup crab-apple, cores removed & cut into chunks

1 cup pear, cut into chunks

1 cup apple cider vinegar

½ cup dark brown sugar

2 T moose-berry jelly (high-bush cranberry)

1. Place all glaze ingredients into a pot and bring to a boil stirring occasionally.
2. Keep mixture at full boil until liquid begins to thicken and darken to a dark brown molasses-like colour (10-12 mins depending on heat).
3. Remove from heat and separate fruit, setting it aside for use in desserts (great as a topping in a fruit crumble) and using the reduced liquid to brush onto veggie kebabs.
4. BBQ glazed veggie kebabs, feeling free to brush on more glaze after kebabs are turned.
5. Serve kebabs over sundried saskatoon rice